



about HOMEMADE CONFEC- TIONERY . . .

Pink-and-white coconut ice, marshmallows tossed in toasted coconut, old-fashioned crunchy honeycomb, butterscotch, caramels—all are mouth-watering childhood memories, but there's no age limit to their enjoyment. All these recipes included, and many more, for fetes and for family treats.

Ellen Sinclair

Ellen Sinclair, Food Editor
Australian Women's Weekly

All the childhood favorites are here, as well as many more for fetes and family treats.



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USING A SWEETS THERMOMETER

A sweets thermometer is a good investment if you plan to make a large quantity of sweets; it helps remove uncertainty as to correct cooking temperatures. If you do not possess a sweets thermometer, use the following temperature table and the cold water test as a guide.

The cold water test: Drop a teaspoon of syrup into cold water — a shallow bowl makes it easier to see and manipulate syrup, if desired consistency is not reached, cook further and test again. Use fresh cold water for each test because as water becomes warm from the first syrup, the test is less accurate. Remove pan from heat and allow bubbles to subside before testing.

Soft ball: 118 degrees C (245 F). Syrup dropped into cold water moulds easily with the fingers into a soft ball.

Firm or hard ball: 126 degrees C (260 F). Test as for soft ball. The syrup should mould into a firm ball.

Small crack: 138 degrees C (280 F). Syrup goes into a fine thread when dropped into cold water, and can be snapped with fingers.

Hard crack: 154 degrees C (310 F). Syrup snaps and crackles when dropped into cold water. Syrup has not changed colour at this stage.

Light Caramel: 160 degrees C (320 F).

Golden Caramel: 170 degrees C (338 F).

Dark Caramel: 178 degrees C (352 F).

Photography by Garry Isaacs

COCONUT ICE**COCONUT ICE**

4 cups sugar
1 cup milk
2 tablespoons liquid glucose

250 g (8 oz.) coconut
pink food coloring

Place sugar, milk, and glucose into saucepan, stir over low heat until sugar has dissolved. Bring to boil, boil steadily to 112°C (235°F) or until a small amount, when dropped into cold water, forms a soft ball when rolled between the fingers.

Remove from heat, divide mixture between 2 bowls, add half of coconut to each bowl. Stir first mixture until thick and creamy, press into greased and greased-paper-lined 20 cm (8 in.) slab tin.

Color remaining mixture pink with food coloring, beat until thick and creamy, press on to white mixture. When cold, remove coconut ice from tin, cut into squares.

CREAMY COCONUT ICE

500 g (1 lb.) icing sugar
250 g (8 oz.) coconut
2 egg-whites
1 teaspoon vanilla

125 g (4 oz.) solid white
vegetable shortening
pink food coloring

Sift icing sugar into bowl, add coconut, mix well. Make a well in centre, add lightly-beaten egg-whites and vanilla. Melt shortening over low heat, add to coconut mixture, stir well with wooden spoon. Divide mixture in half, color one half pink with food coloring. Press white half evenly over base of greased and greased-paper-lined 8 cm x 25 cm (3 in. x 10 in.) bar tin, press pink half evenly over white. When set, remove from tin, cut into squares.

HONEYCOMB



HONEYCOMB

1½ cups sugar
⅓ cup golden syrup
⅓ cup honey

⅓ cup water
2 teaspoons bicarbonate of soda

Combine sugar, golden syrup, honey and water in saucepan and, using a wooden spoon, stir constantly over low heat until sugar is dissolved. Put sweets thermometer in mixture, increase heat, boil to exactly 132°C (270°F). Reduce heat as low as possible and maintain this 132°C temperature for exactly 15 minutes. It is important that this heat does not fluctuate — increasing or decreasing.

If using a gas stove, an asbestos mat, placed under the saucepan once the 132°C heat is obtained, will help in keeping temperature consistent. If heat starts to rise above this, remove pan from heat occasionally to reduce temperature.

After 15 minutes has expired, remove pan from heat, remove sweets thermometer, allow bubbles to subside. Using a wooden spoon, quickly beat in finely-sifted soda, pour immediately into large greased baking dish. When cold, remove from tin, break into pieces.

SHERRIED CHOCOLATE DATES



SHERRIED CHOCOLATE DATES

250 g (8 oz.) packet dessert
dates
rind of 1 orange
 $\frac{1}{3}$ cup sweet sherry

125 g (4 oz.) dark chocolate
30 g (1 oz.) solid white
vegetable shortening

Peel rind thinly from orange, taking care not to remove any white pith. Cut rind into very thin strips. Pit dates, fill with small amount of orange rind, press together.

Pour sherry into basin, add dates, cover and leave overnight. Next day drain dates well.

Place chocolate and shortening in top of double saucepan, stir over simmering water until melted. Using two forks, dip dates into chocolate, place on to greased paper until set.

CHOCOLATE MINT FUDGE

1 cup evaporated milk
 $1\frac{1}{2}$ cups sugar
2 teaspoons liquid glucose
15 g ($\frac{1}{2}$ oz.) butter
125 g (4 oz.) pkt.
marshmallows

250 g (8 oz.) dark
chocolate
few drops of oil of
peppermint or peppermint
essence
125 g (4 oz.) dark chocolate
extra

In saucepan, combine evaporated milk, sugar, glucose, and butter, stir over low heat until sugar is dissolved. Bring to boil, boil rapidly 5 minutes (do not stir). This rapid boiling is important; mixture will catch on base of saucepan and will turn light amber color. Pour into basin, add roughly chopped marshmallows, grated chocolate and oil of peppermint; beat vigorously until chocolate and marshmallows are melted.

Spread into greased and greased-paper-lined 20 cm (8 in.) square slab tin; refrigerate until set. Melt extra chocolate in top of double saucepan, over simmering water, spread over fudge. Return to refrigerator until set. Cut into squares.

CANDY POPCORN



CANDY POPCORN

½ cup popping corn
2 tablespoons oil
2 cups sugar

1 cup water
½ teaspoon food coloring

Heat oil in frypan or large saucepan until very hot; add corn; cover, shake pan constantly over medium heat until popping ceases. Remove from heat, turn popcorn out of saucepan to cool.

Place sugar, water and food coloring in large frying pan, stir over low heat until all sugar has dissolved. Bring to boil, boil rapidly until a small amount of toffee will crack when tested in cold water. Remove from heat, add popcorn.

Stir constantly until toffee crystallises and coats popcorn. Turn out on to trays to cool. Store in air-tight plastic bags.

Note: For popcorn of varying colors, as shown in picture, repeat as above, using a different food color each time.

ROCKY ROAD



ROCKY ROAD

1 quantity marshmallow mixture
red food coloring
green food coloring
250 g (8 oz.) unsalted peanuts

250 g (8 oz.) milk or dark
chocolate
60 g (2 oz.) solid white
vegetable shortening

Make up one quantity of marshmallow (see Marshmallow recipe in this set). Before beating mixture as recipe directs, divide cooled mixture into 3 portions in separate bowls. Leave one plain, color one pink with few drops of red food coloring, color remaining portion green with few drops green food coloring.

Beat each portion until thick and fluffy, pour into three wetted 20 cm (8 in.) tins. When marshmallow has set, cut into 2.5 cm (1 in.) pieces.

Melt chopped chocolate and vegetable shortening in double saucepan over hot water; cool. Place half the chopped marshmallows into small greased and greased-paper-lined baking dish. Sprinkle with half the peanuts, pour half the cooled chocolate over. Cover with remaining marshmallow, peanuts and chocolate. When set, cut into squares.

FRENCH JELLIES



2 packets jelly crystals (any
color or flavor)
1 tablespoon gelatine
2 cups water

2 cups sugar
2 tablespoons liquid
glucose
castor sugar

Combine jelly crystals and gelatine, add water, cover, stand overnight. Next day, put in saucepan, add sugar and glucose, stir over low heat until sugar and jelly crystals are dissolved. Increase heat, bring to boil, reduce heat slightly, simmer 10 minutes. Bring mixture back to fast boil, remove from heat. With spoon, lift off any scum which forms on top.

Pour into wetted 20 cm (8 in.) square slab tin. Refrigerate overnight before cutting into squares with wetted knife. Toss squares into castor sugar.

FRUIT JELLIES

2 tablespoons gelatine
½ cup cold water
1 cup sugar
1 tablespoon grated
orange rind

2 teaspoons grated
lemon rind
½ cup hot water
⅓ cup orange juice
⅓ cup lemon juice
pink food coloring

Sprinkle gelatine over cold water. Combine sugar, rinds and hot water; stir over low heat until sugar dissolves. Bring to boil; when boiling, add softened gelatine. Boil gently, uncovered, 20 minutes. Remove from heat, add fruit juices; strain mixture. Color with few drops pink coloring. Pour into wetted 20 cm (8 in.) square slab tin; cool, then refrigerate. When firm, cut into squares, using knife dipped in hot water. Roll in sifted icing sugar, mixed with a little cornflour.

TOASTED COCONUT MARSHMALLOWS



TOASTED COCONUT MARSHMALLOWS

4 tablespoons gelatine
1 cup cold water
4 cups sugar
2 cups boiling water

2 teaspoons vanilla
2 teaspoons lemon juice
250 g (8 oz.) coconut

Sprinkle gelatine over cold water. Place sugar and boiling water into large saucepan, stir over low heat until sugar is dissolved, bring to boil. Add gelatine mixture; boil steadily, uncovered, 20 minutes. Allow to cool to lukewarm.

Pour into large bowl of electric mixer, add vanilla and lemon juice. Beat on high speed of electric mixer until very thick and white. Pour into two deep 20 cm (8 in.) square cake tins which have been rinsed out with cold water. Allow to set.

Cut marshmallows into squares with wetted knife, then toss in toasted coconut.

To toast coconut: Place coconut in heavy pan, stir with wooden spoon over moderate heat until coconut is light golden brown. Remove from pan immediately or coconut will continue to cook in heat of pan.

GINGER PEANUT TOFFEE**GINGER PEANUT TOFFEE**

125 g (4 oz.) unsalted peanuts
 30 g (1 oz.) crystallised ginger
 125 g (4 oz.) butter

1¼ cups sugar
 ⅓ cup water
 2 tablespoons brown vinegar

Spread peanuts and finely-chopped ginger over base of greased 28 cm x 18 cm (11 in. x 7 in.) lamington tin.

Place butter, sugar, water and vinegar in saucepan. Stir over low heat until butter is melted and sugar dissolved. Bring to boil, boil uncovered 12 to 15 minutes or until toffee reaches hard crack stage (when small amount of mixture will crack when tested in cold water).

Pour evenly over peanuts and ginger. When cold, break into pieces.

CREAMY PEANUT TOFFEE

60 g (2 oz.) butter
 ½ cup sugar
 1 tablespoon golden syrup

¾ cup condensed milk
 ½ teaspoon vanilla
 ½ cup unsalted peanuts

Combine butter, sugar and golden syrup in heavy pan, stir constantly over low heat until sugar is dissolved. Stir in milk, bring to boil; reduce heat, cook, stirring, 8 minutes, or until straw-color. Add vanilla and peanuts, mix well. Pour on to greased oven tray. When set, cut or break into pieces.

BUTTERED BRAZIL NUTS**BUTTERED BRAZIL NUTS**

2 cups sugar	30 g (1 oz.) butter
½ cup water	2 tablespoons rum
1 tablespoon liquid glucose	250 g (8 oz.) shelled brazil nuts

Place sugar, water and glucose into saucepan, stir over low heat until sugar dissolves. Bring to boil, boil steadily to 112°C (235°F) or when a small quantity of syrup, dropped into cold water, moulds easily with the fingers into a soft ball; add butter and rum.

Boil again until mixture is light golden brown. Remove from heat, drop in nuts; lift nuts out one at a time, place on greased oven slide to set.

ALMOND BRITTLE

2 cups sugar	125 g (4 oz.) slivered
1 cup water	almonds
1 teaspoon vanilla	

Place sugar and water in pan, stir over low heat until all sugar has dissolved. Bring to boil, boil uncovered 5 minutes or until toffee is light golden brown. Add almonds and vanilla, continue cooking until toffee is dark golden brown; do not stir. Pour mixture on to well-greased oven tray. When cold, break into pieces. Store in air-tight container.

APRICOT HEALTH CANDY**APRICOT HEALTH CANDY**

125 g (4 oz.) dried apricots
 ½ cup water
 ⅓ cup blanched chopped almonds
 1 teaspoon grated lemon rind
 1 teaspoon lemon juice
 1 teaspoon orange juice

½ cup honey
 1 cup skim milk powder
 1 tablespoon wheatgerm
 ½ cup sultanas
 ½ cup coconut
 extra coconut

Chop apricots, combine with water and honey in saucepan, simmer 10 minutes, or until tender; do not drain. Add remaining ingredients, except extra coconut; mix well.

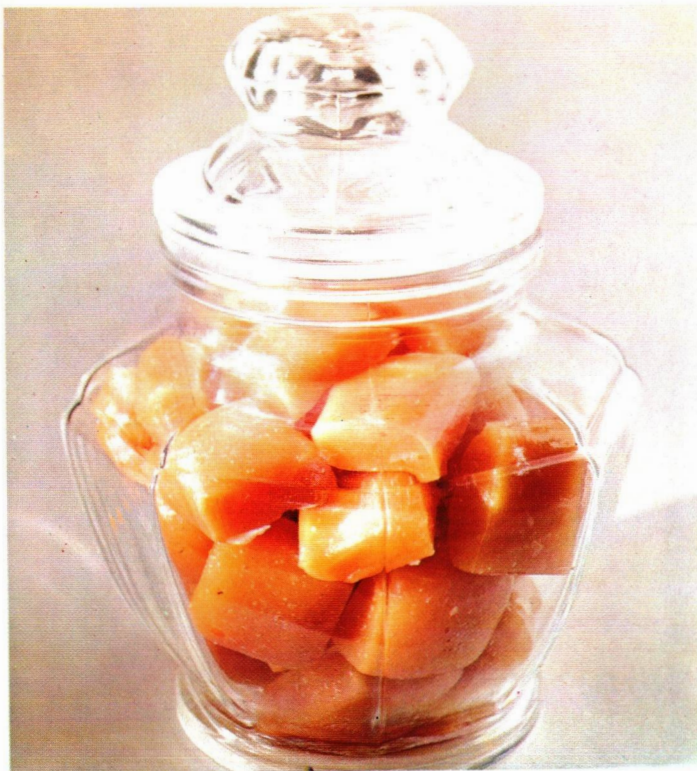
Divide mixture into three, shape each into a roll 15 cm (6 in.) long. Roll in extra coconut; refrigerate 2 hours before slicing.

HONEY AND DATE SQUARES

90 g (3 oz.) butter
 1 cup honey
 1 cup rice bubbles

125 g (4 oz.) walnuts
 125 g (4 oz.) dates

Place butter and honey into pan, stir over low heat until butter melts. Bring to boil; boil uncovered, 5 minutes. Place rice bubbles, chopped walnuts, and chopped dates into bowl, add honey mixture; mix well. Spread mixture into greased and greased-paper-lined 20 cm (8 in.) square slab tin. Refrigerate until firm; cut into squares for serving.

BUTTERSCOTCH**BUTTERSCOTCH**

2 cups sugar
 $\frac{1}{3}$ cup water
 $\frac{2}{3}$ cup liquid glucose

125 g (4 oz.) butter
 1 teaspoon lemon essence
 $\frac{1}{2}$ teaspoon salt

Combine sugar, water and glucose in heavy saucepan, stir over low heat until sugar is dissolved. Bring to boil, reduce heat until very low (mixture will still boil), boil 8 to 10 minutes or to 150°C (300°F) on sweets thermometer; mixture should be light golden brown.

Remove from heat, add remaining ingredients, stir until well blended. Pour into lightly-greased 18 cm x 28 cm (7 in. x 11 in.) lamington tin. Mark into squares while still hot.

WHITE CHRISTMAS

250 g (8 oz.) solid white vegetable shortening
 3 cups rice bubbles
 1 cup coconut
 $\frac{3}{4}$ cup icing sugar
 1 cup powdered milk
 30 g (1 oz.) mixed peel

30 g (1 oz.) preserved ginger
 30 g (1 oz.) glace apricots
 30 g (1 oz.) glace pineapple
 $\frac{1}{4}$ cup sultanas
 30 g (1 oz.) glace cherries

Melt chopped white vegetable shortening over gentle heat. Combine rice bubbles, coconut, sifted icing sugar, powdered milk and chopped fruits; mix well. Add melted shortening and mix thoroughly. Press mixture into lightly greased and paper-lined 28 cm x 18 cm (11 in. x 7 in.) lamington tin. Refrigerate until firm; cut into bars for serving.

Note: For a more economical confection, 1 cup of mixed fruit can replace the glace fruit and sultanas in above recipe.

SESAME SEED NIBBLES



SESAME SEED NIBBLES

125 g (4 oz.) butter

½ cup white or raw sugar

2 tablespoons honey

125 g (4 oz.) sesame seeds

½ cup peanuts

½ cup coconut

3 cups rice bubbles

Combine butter, sugar and honey in saucepan, stir over low heat until sugar dissolves, then bring to boil; boil gently for 5 minutes.

Remove from heat, add all remaining ingredients, mix well. Spread evenly over greased scone slide, bake in moderate oven 3 minutes. Break into pieces when cold or cut into small slices.

ORANGE HEALTH FOOD CANDY

Store in airtight container, in refrigerator for up to 1 week.

125g slivered almonds

½ cup sesame seeds

½ cup sunflower kernels

1/3 cup coconut

90g butter

1 teaspoon grated orange rind

¼ cup orange juice

¼ cup honey

1 tablespoon plain flour

1 tablespoon skim milk powder

Place almonds, sesame seeds, and sunflower kernels and coconut on oven tray. Bake in moderate oven 5 minutes or until almonds are golden brown; cool. Place butter, orange rind, juice and honey in saucepan. Stir over low heat until butter has melted. Bring to boil, boil uncovered 5 minutes; cool slightly. Place almond mixture and flour and skim milk into bowl, add honey mixture; mix well. Press mixture into greased and greased-paper-lined lamington tin (base measures 16cm x 26cm). Refrigerate until cold, cut into squares.

COCONUT ROUGHS



COCONUT ROUGHS

250 g (8 oz.) dark chocolate
60 g (2 oz.) solid white
vegetable shortening

1 teaspoon vanilla
250 g (8 oz.) coconut

Place chopped chocolate and vegetable shortening in top of double saucepan, stand over simmering water until chocolate and vegetable shortening have melted.

Remove from heat, add vanilla and coconut; mix well. Place teaspoonfuls of mixture on to greased and greased-paper-lined tray. Decorate, if desired, with pieces of glacé cherries, ginger, or almond halves. Keep refrigerated.

CREAM CHEESE FUDGE

60 g (2 oz.) dark chocolate
125 g (4 oz.) packaged cream
cheese
1 teaspoon cream (or top of
milk)

1 teaspoon vanilla
2 cups icing sugar
½ cup chopped walnuts

Place chopped chocolate in top of double saucepan, stand over simmering water until chocolate is melted. Remove from heat. Beat cream cheese until smooth, add cream and vanilla. Gradually beat in sifted icing sugar, fold in chocolate and walnuts. Spread mixture into greased and greased-paper-lined 20 cm (8 in.) square slab tin. Refrigerate until firm. Remove fudge from tin, cut into squares. Keep refrigerated.

SESAME PEANUT BRITTLE



SESAME PEANUT BRITTLE

2 cups sugar	60 g (2 oz.) butter
¼ teaspoon cream of tartar	pinch salt
½ cup water	125 g (4 oz.) salted peanuts
2 tablespoons golden syrup or treacle	¼ cup sesame seeds
	½ teaspoon bicarbonate of soda

Place sugar, cream of tartar and water in saucepan, stir over low heat until sugar dissolves. Increase heat, boil uncovered 15 minutes or until mixture turns golden brown.

Remove from heat, stir in golden syrup, butter and salt. Return to heat, boil further 1 minute. Remove from heat, add nuts, three-quarters of the sesame seeds and the sifted soda, stir until combined. Pour on to greased oven tray.

Sprinkle with remaining sesame seeds. When cold, break into pieces.

CHOCOLATE PEPPERMINT CREAMS

60 g (2 oz.) packaged
cream cheese
1¼ cups icing sugar

few drops peppermint essence
125 g (4 oz.) dark chocolate

Beat cream cheese until light and fluffy, gradually add sifted icing sugar; add a little extra icing sugar, if necessary, to make mixture into stiff dough. Add peppermint essence to taste; knead well. Dust board well with sifted icing sugar, roll mixture out to 5 mm (¼ in.) thickness. Cut into shapes using 2.5 cm (1 in.) round cutter. Put on aluminium-foil-covered trays, cover and leave 24 hours to dry.

Melt chopped chocolate in top of double saucepan, over simmering water; remove from heat. Using two forks, dip peppermints into chocolate; put on aluminium-foil-covered trays to set.

CHOCOLATE RUM PRUNES

250 g (8 oz.) dessert prunes
2 tablespoons castor sugar

¼ cup rum
125 g (4 oz.) dark chocolate

Remove stones from prunes. Combine rum and sugar in small basin; add prunes, cover and stand overnight. Drain prunes, spread out on absorbent paper to remove excess liquid. Stuff each prune with small amount of Marzipan Filling rolled into a small pebble shape, leave 1 hour. Melt chopped chocolate in top of double saucepan over simmering water; remove from heat. Dip each prune into chocolate, drain. Put on aluminium foil to set.

MARZIPAN FILLING

1 tablespoon marzipan meal
3 tablespoons icing sugar
pinch grated orange rind

1 teaspoon sherry
1 egg-yolk

Sift icing sugar into basin, add marzipan meal and orange rind. Add sherry and enough beaten egg-yolk to mix to a stiff paste.

TOFFEE APPLES



TOFFEE APPLES

10 green apples
4 cups sugar
1 cup water

$\frac{1}{3}$ cup liquid glucose
red food coloring

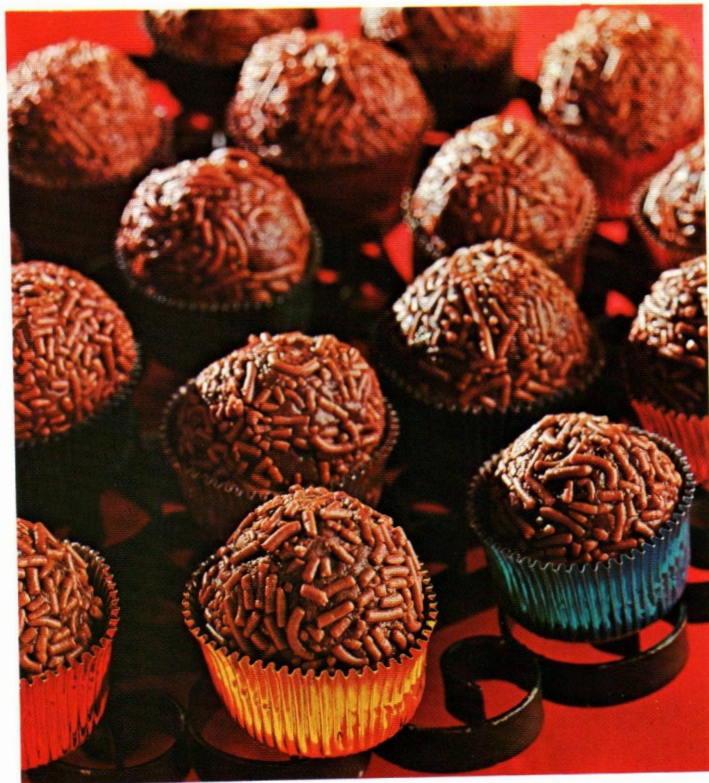
Push butchers' skewers three-quarters way through apples at stem end. Place apples under cold running water, stand on rack until completely dry (do not rub apples with cloth).

Place sugar, water, glucose and food coloring into large saucepan. Stir over low heat until sugar has dissolved. Bring to boil; boil, uncovered, until a small amount of mixture will crack when tested in cold water. Remove from heat. Stand saucepan in cold water 1 minute to cool toffee quickly. Remove from water; make sure there are no bubbles left in toffee before dipping apples.

Hold pan on side so that there is a deep pool of toffee in side of pan. Slowly dip apple into toffee, turn once so that apple is completely coated in toffee; remove apple slowly from toffee to avoid air bubbles forming. Twirl apple around a few times to remove surplus toffee before placing on to greased oven tray. Repeat with remaining apples.

Toffee Apples are best eaten on the day they are made. However, they will keep one day if, when toffee is set, they are wrapped in squares of plastic food wrap; twist food wrap around apples at top to keep air-tight; refrigerate overnight.

HAZELNUT TRUFFLES



HAZELNUT TRUFFLES

125 g (4 oz.) ground hazelnuts
1 cup icing sugar
1 egg-white

¼ cup cream
375 g (12 oz.) dark chocolate
chocolate sprinkles

Place ground hazelnuts and sifted icing sugar into bowl, add egg-white and cream; mix well.

Melt chopped chocolate in top of double saucepan, over simmering water; remove from heat, add to hazelnut mixture, mix well. Spread mixture on to oven tray, refrigerate until mixture is firm.

Take teaspoonfuls of mixture, roll into balls and toss in chocolate sprinkles.

CHOCOLATE GLACE FRUITS

250 g (8 oz.) glace pineapple
125 g (4 oz.) glace apricots
125 g (4 oz.) glace cherries
60 g (2 oz.) preserved ginger

2 tablespoons rum
250 g (8 oz.) dark chocolate
30 g (1 oz.) solid white
vegetable shortening

Chop fruit into 1 cm (½ in.) pieces, put in basin with rum, cover and stand overnight. Place chopped chocolate and vegetable shortening in top of double saucepan, stand over simmering water until melted. Remove from heat, add fruit and rum, mix until combined. Spread into greased and greased paper lined 20 cm (8 in.) square slab tin. Refrigerate until set. Cut into squares to serve. Keep refrigerated.

COCONUT HEALTH BARS



COCONUT HEALTH BARS

$\frac{1}{2}$ cup ground sunflower seeds

1 cup ground sesame seeds

$\frac{1}{2}$ cup honey

1 cup coconut

Place honey in saucepan, bring to boil, boil gently 2 minutes. Stir in sunflower seeds, boil 1 minute longer. Add sesame seeds and coconut, mix well.

Press into greased and greased-paper-lined 20 cm (8 in.) square slab tin. Refrigerate until set, then cut into bars or squares. Store in refrigerator.

ORANGE ALMOND DATES

250 g (8 oz.) dessert dates

90 g (3 oz.) almonds

2 tablespoons mixed peel

1 tablespoon honey

1 tablespoon lemon juice

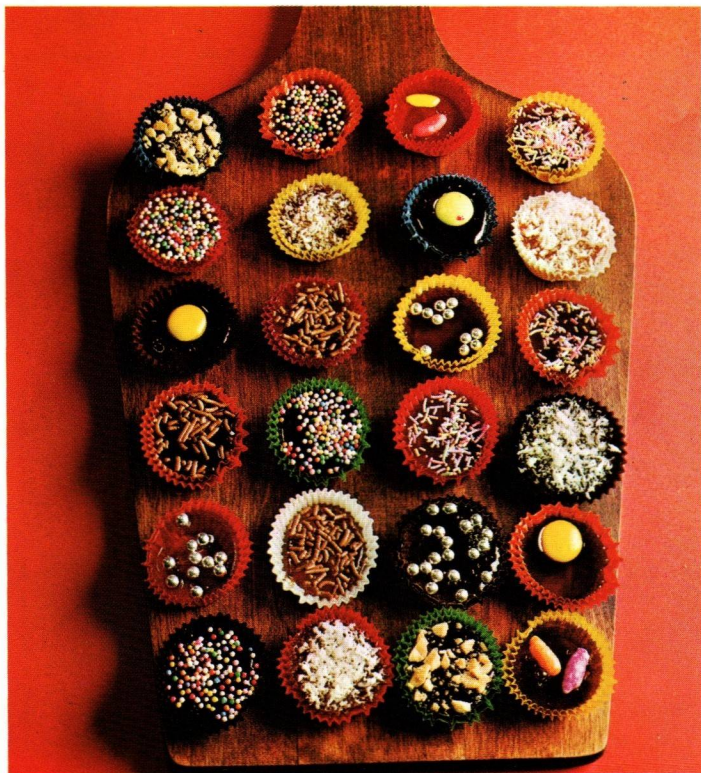
1 teaspoon grated orange rind

1 teaspoon orange juice

$\frac{1}{3}$ cup sultanas

Remove stones from dates. Place almonds on a tray, bake in moderate oven 5 minutes or until golden brown. Place almonds in blender, blend on medium speed until finely ground, or chop very finely. Place finely-chopped mixed peel, honey, lemon juice, orange rind, orange juice and sultanas into bowl; mix well. Add almonds; mix well. Open dates out, stuff with almond mixture.

TOFFEES



TOFFEES

3 cups sugar
1 cup water

¼ cup brown malt vinegar

Place sugar, water and vinegar into saucepan, stir over low heat until sugar is dissolved. Increase heat, boil rapidly uncovered for approximately 15 minutes, or until a small amount, when poured into cold water, will crack.

Remove from heat, stand saucepan in cold water 1 minute. Remove from water, allow bubbles to subside. Pour into paper patty cases. Leave 2 minutes before decorating with coconut, hundreds-and-thousands, jelly-beans, nuts, etc.

Makes 12.

HONEY AND EUCALYPTUS TOFFEES

2 cups sugar
1 cup water
2 tablespoons honey

1 tablespoon white vinegar
1½ teaspoons eucalyptus oil

Place all ingredients into frying pan, stir over low heat until all sugar has dissolved. Bring to boil; boil, uncovered, approximately 10 minutes, or until mixture turns golden brown. Remove from heat immediately. Allow bubbles to subside. Spoon tablespoons of mixture into greased shallow patty tins. When cold, store in air-tight container.

Makes about 25.

SUGAR-COATED PEANUTS



SUGAR-COATED PEANUTS

500 g (1 lb.) raw peanuts (with
red skins on)
2 cups sugar

2 cups water
 $\frac{1}{2}$ teaspoon red food coloring

Combine all ingredients in large, heavy frying pan. Stir over low heat until sugar has dissolved. Bring to boil; boil steadily, uncovered, 10 minutes. Remove from heat. Stir constantly with fork until sugar crystallises around peanuts. Turn out and cool on tray.

SHERBET

1 cup icing sugar

1 teaspoon tartaric acid

1 teaspoon bicarbonate of soda

Sift all ingredients together into bowl. Repeat this sifting three times. Store sherbet in air-tight container.

SWISS MILK TOFFEE**SWISS MILK TOFFEE**

125 g (4 oz.) butter
2 cups brown sugar, lightly
packed

440 g (14 oz.) can condensed
milk
½ teaspoon vanilla

Melt butter, gradually add sugar, stir constantly over low heat until sugar has dissolved, approximately 10 minutes. Add condensed milk, bring to boil stirring; boil 5 minutes, stirring constantly; add vanilla.

Pour into greased 15 cm (6 in.) square slab tin. When set, cut into squares.

HARD CARAMELS

1 cup castor sugar
90 g (3 oz.) butter
2 tablespoons golden syrup

⅓ cup liquid glucose
½ cup condensed milk
1 teaspoon vanilla

Combine all ingredients, except vanilla, in saucepan, stir over low heat until sugar has dissolved. Increase heat, boil 10 minutes, stirring constantly. Mixture will be dark caramel color. Add vanilla, pour immediately into well-greased 20 cm (8 in.) slab tin. Mark into squares while hot, allow to cool, then break into squares.

CARAMEL PEANUT POPCORN**CARAMEL PEANUT POPCORN****½ cup popping corn****2 tablespoons oil****125 g (4 oz.) butter****2 tablespoons honey****¾ cup sugar****½ cup peanuts**

Heat oil in large saucepan or frypan; add corn, place lid on pan, shake pan continually until popping ceases. Place popcorn into large bowl.

Combine honey, sugar and butter in separate pan, stir over low heat until sugar dissolves; bring to boil, boil uncovered 5 minutes.

Remove from heat, add peanuts to syrup, then pour over popped corn; mix until corn is well coated. Pour quickly on to greased oven trays, cool.

CHERRY NUT SQUARES



CHERRY NUT SQUARES

250 g (8 oz.) dark chocolate
 90 g (3 oz.) solid white
 vegetable shortening
 250 g (8 oz.) glace cherries

1 cup coconut
 250 g (8 oz.) unsalted cashew
 nuts

Place chopped chocolate and shortening into top of double saucepan, stir over simmering water until melted. Pour quarter of chocolate mixture into greased and greased-paper-lined 18 cm (7 in.) slab tin.

Sprinkle cherries, coconut and cashew nuts evenly over chocolate. Pour remaining chocolate over top. Refrigerate until set. Cut into squares.

PEANUT BUTTER SQUARES

125 g (4 oz.) butter
 $\frac{3}{4}$ cup crunchy peanut butter
 $\frac{1}{2}$ cup liquid glucose

1 teaspoon vanilla
 pinch salt
 $2\frac{1}{2}$ cups icing sugar

Beat butter until smooth, add peanut butter, glucose, vanilla and salt, beat until well combined. Gradually beat in sifted icing sugar. Turn out of bowl; knead until smooth. Press mixture into greased 20 cm (8 in.) square slab tin. Refrigerate until firm, mark into squares. Keep refrigerated.

FONDANT



FONDANT

2½ cups castor sugar
¾ cup water

¼ teaspoon cream of tartar

Place all ingredients into saucepan. Stir over very low heat until all sugar has dissolved. Brush down sides of saucepan with wetted brush, making sure all sugar is dissolved. Bring to boil, boil to 112°C (235°F) on sweets thermometer. Remove pan immediately from heat, allow to cool slightly, then pour on to large flat heat-proof plate, such as a meat platter.

Do not move platter at all until fondant has cooled to lukewarm. Then beat with wooden spoon until very thick and creamy. Place in air-tight bottle, leave 1 week before making into sweets.

After a week, fondant can be colored and flavored as desired with food coloring and essences such as vanilla, peppermint, etc. Take as much fondant from bottle as required, color and flavor; knead well with a little sifted icing sugar.

Use in any of the following ways:

Fruit Roll: Combine 125 g (4 oz.) finely chopped mixed glace fruit, ¼ cup finely chopped walnuts, 60 g (2 oz.) finely-chopped dates and 2 tablespoons sweet sherry in bowl; mix well. Allow to stand overnight; mix well. With wetted hands, shape fruit mixture into 2.5 cm (1 in.) rolls. Roll out quantities of colored and flavored fondant on board lightly dusted with sifted icing sugar; wrap around fruit roll. Stand 30 minutes, then cut into slices.

- Take teaspoonfuls of mixture, roll into small balls, place on to greaseproof paper. Press on top half-cherries, blanched almonds, halved walnuts or pieces of glace fruit.
- Remove stones from prunes; take small pieces of fondant, press into centre of prunes.
- Roll fondant into small balls, press a walnut half on each side of the fondant.